



IFE MALAYSIA BRANCH MOUNT KINABALU CLIMBING COMPETITION APRIL 2018

IFE MALAYSIA BRANCH CENTENNIAL CELEBRATION IN SABAH, EAST MALAYSIA

In conjunction with IFE Centennial Celebration in 2018, IFE Malaysia Branch will be organizing a climbing competition up Mount Kinabalu, Sabah Malaysia. All branches are welcomed to participate.

This event will consist of team event and individual event. Branches are welcomed to send a team of 3 climbers to represent the branch while team members will also participate in the individual event for the competition.

Date : 20 -24 April 2018

Duration: 5 Days 4 nights



A WORLD HERITAGE SITE

MOUNT KINABALU

Standing at 4,095 meters (13,435 ft), Law's Peak of Mount Kinabalu (Malay: Gunung Kinabalu) is a prominent landmark not only for Sabah, but for the entire country. It is protected as [Kinabalu Park](#), a UNESCO [World Heritage Site](#). Kinabalu is the highest peak in Borneo's [Crocker Range](#) and is the highest mountain in the [Malay Archipelago](#) as well as the highest mountain in Malaysia and South East Asia. Mount Kinabalu is also the [20th most prominent](#) mountain in the world by [topographic prominence](#). Law's Peak is named after Sir Hugh Low, a British army officer.

British colonial administrator Sir Hugh Low made the first recorded ascent of Mount Kinabalu's summit plateau in March 1851. Low did not scale the mountain's highest peak. In April and July 1858, Low was accompanied on two further ascents by Spencer St. John, the British Consul in Brunei. The highest point of Mount Kinabalu was finally reached in 1888 by zoologist John Whitehead. British botanist Lilian Gibbs became the first woman and the first botanist to summit Mount Kinabalu in February 1910. Botanist EJ H. Corner led two important expeditions of the Royal Society of Great Britain to the mountain in 1961 and 1964. Kinabalu National Park was established in 1964 and was designated a natural World Heritage Site in 2000.

Law's Peak can be climbed quite easily by a person in good physical condition and there is no need for mountaineering equipment at any point on the main route.

SABAH, LAND BELOW THE WIND

Sabah occupies the top portion of Borneo (the third largest island in the world) and covers an area of 74,500 sq km (29,388 sq miles) with a coastline of about 1,440 km (about 900 miles) washed by the South China Sea and Celebes Sea on the East. She is blessed with a diverse landscape of tropical forests, rugged mountains, green flatlands and pristine seas teeming with indigenous flora and fauna some of which can only be found in this part of the world.

Located in the state of Sabah, the national park is considered as one of the most important ecological haven for about 5,000 to 6,000 species of plants, 326 species of birds, and with more than 100 mammals that could only be found and identified on the island of Borneo in Southeast Asia. Among this rich collection of wildlife are famous species such as the gigantic Rafflesia plants and orangutans.

Sabah, Malaysia is affectionately known as The "Land Below the Wind", first made famous by Agnes Keith, the famous US writer in the early 20th century. It is also a name appropriately given to the State as it lies below the typhoon belt of East Asia. Sabah is beginning to carve a name for herself as one of the premier adventure, eco, nature, wildlife and scuba diving destination in the region. The world famous ecology professor, author, and documentary producer, Ralph Bellamy, has called Sabah the "Nature" of the world.

INTERESTING THINGS TO DO IN SABAH:

- * Exploring the tropical rainforest at Danum Valley
- * Cruising the Kinabatangan River looking for Proboscis monkeys
- * Snorkeling in the Tunku Abdul Rahman Marine Park.
- * Best diving site in Sipadan, golfing at Kundasang highland
- * Or just unwinding on carpet like white sand beach shoreline.



BOOK YOUR PLACE

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